# HABIT BY CHARLES DUHIGG



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The Power of Habit: Why We Do What We Do in Life and Business is a book by Charles Duhigg, a New York Times reporter, published in February 2012 by Random House. It explores the science behind http://ebookslibrary.club/The-Power-Of-Habit-by-Charles-Duhigg.pdf

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## The Power of Habit by Charles Duhigg The New York Times

Credit Illustration by Luc Melanson . Human consciousness, that wonderful ability to reflect, ponder and choose, is our greatest evolutionary achievement.

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